



I know what my blood pressure numbers mean.

“Blood pressure” is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways. High blood pressure raises risk for heart disease and stroke.

Your blood pressure reading will be two numbers with a dash between the first and second number.

The first number is **systolic pressure**. **Systolic pressure** is the pressure of blood in the vessel when the heart beats.

Blood pressure is measured in millimeters of mercury.

120/80 mmHg

The second number is **diastolic pressure**. **Diastolic pressure** is the pressure between beats when the heart relaxes.

Normal Blood Pressure

less than 120/80 mmHg

Pre-hypertensive

between 120/80 and/or 139/89

High Blood Pressure

140/90 mmHg or higher

My blood pressure is _____.

This means that my blood pressure is _____.

(normal, pre-hypertensive, high)

If you are pre-hypertensive or have high blood pressure you should be doing the following:

- If on medication, take as prescribed by your health care provider.
- Go to follow up doctor visit set up by your WISEWOMAN coordinator.
- Eat more fruits and vegetables; limit salt and unhealthy fats
- Get more active-walk, jog, ride a bike, etc...(get your doctor’s “ok” before starting any exercise program)

If you have any further questions, please speak to your WISEWOMAN coordinator.



I know what my cholesterol numbers mean.

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. Cholesterol is an important part of a healthy body-we need to have cholesterol in our body but too much cholesterol in the blood can increase your risk for heart disease.

Cholesterol comes from 2 sources: your body & food. Your liver and other cells in your body make about 75% of blood cholesterol. The other 25% comes from the foods you eat.

Total Cholesterol

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and over	High

LDL (low density lipoprotein) is known as bad cholesterol. LDL cholesterol is the main source of buildup and blockage in the arteries.

LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal (Great!)
100-129 mg/dL	Near Optimal/above optimal (Good job)
130-159 mg/dL	Borderline high (Needs work)
160-189 mg/dL	High
190 mg/dL	Very high

HDL (high density lipoprotein) is known as good cholesterol. HDL keeps cholesterol from building up in the arteries. Higher levels of HDL are better and help to lower your risk of heart disease. HDL levels of *60 mg/dL or more* are desired.

Triglycerides are a form of fat that is in the blood stream. High levels of triglycerides are not healthy and can raise the risk for heart disease.

Triglycerides Level	Category
Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline
200-499 mg/dL	High
500 mg/dL	Very high

My total cholesterol level is _____.

My LDL cholesterol number is _____.

My HDL cholesterol number is _____.

My triglycerides number is _____.

I know what my glucose/A1C number means.

Glucose Test - for women **not** diagnosed with diabetes

Glucose is a type of sugar that the body creates when breaking down food. The body needs glucose for energy, but high glucose levels can be a sign of hyperglycemia or diabetes. If your blood glucose runs high for long periods of time, this increase risks of complications, such as eye disease, kidney disease, heart attacks and strokes and more.

Did you fast before taking your glucose test?

Yes – no food for 9 hours before

Healthy	Pre-diabetes	Diabetes	Danger
Less than 100	Between 100 and 125	Greater than 126	375 or higher

No

Healthy	Pre-diabetes	Diabetes	Danger
Less than 140	Between 140 and 199	Greater than 200	375 or higher

My blood glucose level is _____.

What are the symptoms of high blood glucose?

- Increased thirst
- Increased urination
- Dry mouth or skin
- Tiredness or fatigue
- Blurred vision
- More frequent infections
- Slow healing cuts and sores
- Unexplained weight loss

What causes high blood glucose?

- Too much food
- Too little exercise or physical activity
- Skipped or not enough diabetes pills or insulin
- Insulin that has spoiled after being exposed to extreme heat or freezing cold
- Stress, illness, infection, injury or surgery

A1C Test - For women diagnosed with diabetes

An A1C test measures your average blood glucose level over the last 3 months. This test is used to determine how well a treatment plan for diabetes is working over time.

Most people with diabetes should have an A1C below 7. Lower is better if you can reach it without danger of low blood sugars. Talk to a doctor to decide on the right A1C level for you.

You can lower your A1C with medicines, physical activity, weight loss, and a healthy meal plan.